

# Health, Beauty And The Home

## Schedule to Make More Time for War Work

By Mrs. Christine Frederick, Principal, Scudder School of Household Arts.

WITH each added month of the war more duties are pressed upon women, every where. It may be the increased demands of the Red Cross, the need for canteen workers, for women to take nurses' census or do any welfare work. In every case the homemaker is faced with the problem of how she can keep house for Uncle Sam in his various patriotic work and at the same time fill the needs of her own household.

The one solution is to more efficiently plan housework and its duties to play by a definite schedule of work which will provide for the tasks of the home and also the outside patriotic work every woman wants to do. A schedule is merely a definite setting down of tasks and the time at which they can most conveniently be done. Everyone is familiar with a train schedule: It starts at a certain place at a definite hour and is supposed to arrive at an equally definite destination. On the way it stops at such and such stations, may take a change tracks, engine, etc. The object of a train schedule is to allow people to arrange their other affairs more satisfactorily.

How confusing it would be if we did not know whether the train started at 8 or at 10 or where it would stop. Decidedly, we could not plan to do anything else because of the train's uncertainty. Similarly, a schedule of housework stands for definite periods, prearranged stops and hours. The schedule will depend on the hours of meals, the size of the house and the number of workers. The first point is to decide what are the essential tasks that the schedule must cover, when they are to be done, either daily or weekly. To start a schedule take pad and pencil and write down the hours of meals, next possible the time best suited to marketing, either personally or by phone, next the relation of the cleaning to the cooking

work; when laundry is to be collected or done, and so on with every task and duty.

### SCHEDULE PROVIDES REST OR FREE PERIOD.

Not only does it arrange when work must be done, but when free hours can be taken. Some women think that to have a schedule means only to find themselves to one unceasing routine from which they cannot escape. On the contrary, the schedule is the only thing that will indicate hours of leisure as well as hours of work. How otherwise can a woman know what spare time she has unless she does not arrange for it in advance? It is always the women who know what they have to do and when they must do it that can be relied on for extra outside work. If the family has no small children it can usually be said that the housekeeper can devote two or three hours a day three times a week to war work and yet completely satisfy her house duties.

The schedule may be arranged for every day and weekly as well. Also it must change from time to time as new needs arise. Here, for instance, is a simple daily schedule for a woman who does her housework and yet is doing war work also.

- 7:30—Breakfast.
- 8:00—Wash dishes while preparing dessert, vegetables, etc. for evening meals, putting some into freezer-cooker for all-day cooking.
- 9:00—Make bed, brush rooms, collect linen for laundry.
- 10:30—Dressed, leaves for Red Cross workroom.
- 11 to 1—Make surgical dressings.
- 1 to 2—Work downtown.
- 2 to 2:30—Attend lecture and demonstration on food substitutes.
- 2:30 to 4:30—Markets personally, carrying home parcels herself.
- 4 to 4:30—Supper preparations and serving.
- 4:30 to 5:15—Wash dishes, put cereal and dried fruit in freezer, set breakfast table.
- On some other days of the week

she would have to spend the entire forenoon doing housework, as special cleaning, ironing, etc., but good planning would still leave her some free time in the afternoon. A small but important point is to arrange that the lesson and other duties be made as nearly as possible at the definite morning hour, to waste no extra time in "essential phoning," and to work with the desired object in view. Everyone knows how well and how rapidly a maid works the morning on which she has an afternoon out, or how anyone proceeds with more zest if they have some special goal to achieve. The reason why many women find housework so perpetual is because they dawdle over it, they do not have clear in their minds what they want to do when their housework is over, and consequently this mental attitude conduces toward sluggish work. "Plan your work, then work your plan," is a good motto for every housewife.

### SCHEDULE AVOIDS INTERRUPTIONS.

"Yes, but I am always interrupted," say so many women. Quite true, even the best intentioned trains have to lose time because of a wreck ahead or for some other reason get behind time. Still, we do not plan our life according to the exception, but according to the rule. And just because she is liable to interruptions is the very reason a woman needs a schedule in order to get something done between the interruptions!

Much time is wasted in any work by not knowing what to do next. A schedule will entirely prevent this waste time. It seems strange that so many women who followed such efficient plans in an office or in outside work refuse to do so in their homes. Not long ago the writer visited a large sanitarium. Here hundreds of women were fol-



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lowing a daily schedule. There were definite hours for bathing, for massage, walks, etc." It seemed as if they were living a different life and crowding twice as much into one day. The only explanation was that in the sanitarium they were following a schedule both of work and rest, while in the homes they proceeded after a haphazard manner.

### DEFINITE PLANNING LESSENS NERVOUS TENSION.

It is undisputedly true that American women suffer from nervous tension and that they waste much nervous energy. Much of this is due to the fact that they work without plan, and consequently become excited and irritable when they have extra unexpected duties thrown upon them or when things do not proceed smoothly. It will always be found that the woman who just "itches in" becomes more exhausted and cannot keep up her effort so long as the woman who more evenly divides her work over an extended period. Knowing just what is to be done and subordinating the rest of the work so that it requires little mental effort will allow more effort to be given to the really big things that come along.

Women who shop successfully and make easy work of it make out a list of articles in advance, they mentally note what stores they are going to first or what departments

and what route they will take. This is a shopping schedule. A teacher knows what classes she has and in what order, what free period she has to herself and so on. Every business woman has, by the very nature of her work, reduced much of it to a schedule, in which she arranges her hours for dictating, for interviewing, etc. So too, these war days above all others, arrange for herself a schedule of housework which will provide not only for the home duties but for that free time which Uncle Sam is urging her to give to him.

There is no reason why the home should not be put on a war basis, as well as every other industry. It may seem hard to say, but if the home cannot be managed efficiently without waste and in a business-like manner what justification has it for existing?

Would it not be better to have food cooked in large central kitchens, as they are now doing in England, or have women entirely removed from home responsibility in order to give all their time to war work? But it is possible to manage a home well and yet have time for outside interests. To do so, it is only necessary to apply even a part of business system and management, to use a schedule of work and follow in the home equal "pat" dispatch and planning such as make other work a success.

Have you a little schedule in your home? If not, start one today.

## Keeping the Eyes Beautiful

By Lina Cavallieri, The Most Famous Living Beauty.

NO other feature of the face is so important or so expressive as the human eye. Without it the soul is windowless and in bondage to the powers of darkness and evil. A single glance into the eye is the surest index to the mind and character that we possess. Therefore, we must not neglect any care or precaution that will add to its usefulness and physical beauty.

When properly trained the eye can express an infinite variety of emotions. It can reveal tenderness, gentleness, vivacity, indignation, sorrow and love. A wise old sage has declared that with a look a woman may wreck a life or a home or open the gates of Paradise!

What charm attends the trifling act of lifting the eyebrows or a drooping of the lids. It is that which makes for beauty in the changing expressions of the face. The eyebrows and eye-lashes are susceptible of great improvement. Instead of penciling and darkening them, it is much wiser to set about cultivating their natural beauty legitimately.

Brushing the eyebrows night and morning with a small eye-brow brush adds wonderfully to their beauty. It promotes the natural gloss and trains them into the high oval curve that is so becoming to the majority of women. If they are thin a tiny bit of olive oil or lanolin rubbed into them at night will stimulate their growth amazingly.

Remember that the two arch enemies of the eyes are fatigue and dust. To keep the eyes beautiful one must avoid the one and shun the other. Be careful not to read much at night. Artificial light quickly destroys the natural luster of the eyes. I make it a special point never to read at night. Also never read on a moving train, the street car or the subway.

Again I would advise you not to read too much at a time. An hour and a half a day, and that at two or three sittings, instead of continuously, is enough. Close study of a printed page is dangerous to the eyes and to other attractive features of a woman's face. When your eyes feel tired the thing to do is to rest. Go to your room. Put on a loose hanging robe and lie down for an hour's rest. Lie upon your back and place upon your eyes a hot compress. Make the compress in this way: One gill of rosewater, one gill of witch hazel. Heat this mixture and when it is nearly at the boiling point dip into it a handkerchief of soft linen or of absorbent cotton, and press this upon the eyes.

ach and stir up your inactive liver. Your physician will be glad to tell you how to do this. But if you do not wish to go to him then try a semi-fast. Eat only half as much at each meal as you have been doing, and drink water freely. Copious water-drinking is a necessity for the health and should become a natural and fixed habit.

The proper daily care of the eyes requires that they should have two baths a day. The eyes need this particularly because the long lashes form a perfect dust-trap, and the slightest speck of dust that is allowed to remain beneath the lids may cause the most painful irritation and inflammation. Bathing the eyes night and morning with witch hazel and warm water, mixed in equal parts; or with an ounce of boracic acid in a pint of rose water will help to keep them clean.

Use an eye-cup, turning the eye upward and opening it so that it will be laved by the contents of the cup. When wiping the eyes use a soft cloth of linen or silk, and wipe the lids toward, not away from, the nose. This will help to prevent wrinkles about the eyes, also the wrinkling of the eye-lids themselves.

Incidentally, I would like to tell you that the best eye-water known to oculists for the treatment of sore eyes or lids is made by mixing ten grains of boracic acid and five grains of tannic acid with one dram of camphor water and enough ordinary water distilled, if possible, to make a total of one ounce.

However, if you are suffering from granular lids, or from inflamed eyes of any sort the best plan would be for you to consult an oculist immediately. Have him examine your eyes carefully and then have his prescription filled and follow his instructions implicitly. The eyes are far too precious to experiment upon. There is too much danger that you might injure or destroy the sight entirely.

When you awaken in the morning and you find a watery mucus has been secreted in the corner of the eyelids, or along its edges, you should know that this indicates a diseased state of the vitreous glands, and is often one of the first symptoms of ophthalmia. Should this occur you will find the eyelashes also involved and they will soon fall out. If the trouble is not checked immediately, seek the best medical advice obtainable and grudge not the patient care and treatment you must undergo, for this means that perfect eye-health will soon be yours once more.

Lastly, avoid eyestrain and see that you always have plenty of restful refreshing sleep. Eight or nine hours of sleep are not too much. Take a long afternoon nap if you cannot get enough any other way.

## "War-Time" Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> Omelet Waffles Scrambled Eggs Rice Muffins, Coffee.	<b>Breakfast</b> Fruit Hotdish Omelet, Top Milk Custard, Coffee, Toasted Rice Muffins, Coffee.	<b>Breakfast</b> Boiled Rice, Apple Sauce, Bran Muffins, Butter, Conservation Jam, Coffee.	<b>Breakfast</b> Fruit, Creamed Codfish, Toast, Coffee.	<b>Breakfast</b> Stewed Potatoes, Omelet, Top Milk, Muffins, Coffee.	<b>Breakfast</b> Sliced Bananas, Scrambled Eggs with Left-over Ham, Toast, Coffee.	<b>Breakfast</b> Grape Fruit, Omelet, Top Milk, Coffee.
<b>Luncheon</b> Emergency Soup (left-over) Vegetables, Corn Bread, Sticks, Tea.	<b>Luncheon</b> Scalloped Oysters, Potato Biscuits, Date and Apple Salad, Tea.	<b>Luncheon</b> Mexican Corn Cut and, Spice Cakes, Tea.	<b>Luncheon</b> Golden Corn Cake, Cocoa, Apple Marmalade.	<b>Luncheon</b> Clear Souffle (Cream Sauce), Lettuce and Cauliflower Salad, Tea.	<b>Luncheon</b> Vegetarian Club Sandwich, Stuffed Potatoes, Tea.	<b>Luncheon</b> Boiled Fowl, Celery Sauce, Corn Potatoes, Grilled Potatoes, Heart Lettuce Salad, Maple Bavarian Cream, Half Cup Coffee.
<b>Dinner</b> Crisp Tige Boiled Potatoes Sonnach, Lettuce Salad, French Dressing, Prune Jelly, Coffee.	<b>Dinner</b> Corned Beef, Boiled Potatoes, Green Peas, Braised Spinach, Lemon Pie, Half Cup Coffee.	<b>Dinner</b> Corned Beef Hash, Tomato Sauce, Boston Brown Bread, Lapona Cucumber, Half Cup Coffee.	<b>Dinner</b> Boiled Ham Baked Sweet Potatoes, Boiled Cauliflower, Baked Indian Pudding, Apple Pie, Half Cup Coffee.	<b>Dinner</b> Fish Baked in Tomato Sauce, Scalloped Potatoes, Braised Beets, Boiled Cabbage, Apple Pie, Half Cup Coffee.	<b>Dinner</b> Baked Beans, Brown Bread, Celery and Tomato Relish, Baked Indian Pudding (left-over), Half Cup Coffee.	<b>Dinner</b> Assorted Sandwiches, Conservation, Cream Puffs, Cocoa.

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